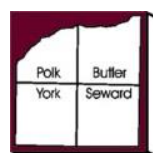


2018 Community Health Assessment

York County



Four Corners
Health Department



Public Health
Prevent. Promote. Protect.

Introduction

Four Corners Health Department, York General Hospital, and Henderson Health Care Services worked together to conduct the 2018 York County Community Health Assessment. The purpose of a community health assessment is to describe the health status of the population, identify areas for health improvement, determine factors that contribute to health issues, and identify assets and resources that can be mobilized to address population health issues.

The Community Health Assessment Survey was completed as an update to the prior survey conducted in 2015. In 2015, a community driven process, called MAPP, was chosen to complete the assessment. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is the fundamental component of MAPP.

A Community Health Advisory Team consists of individuals representing 22 partner agencies from across the Four Corners District. The team works to identify health concerns and needs across the District and then helps to identify possible solutions to the most pressing concerns. The team uses the MAPP process as seen below.



Background Information

In April of 2015, Four Corners Health Department launched a community assessment project. Mobilizing for Action through Planning and Partnerships (MAPP) is a dynamic process developed by the Centers for Disease Control and Prevention (CDC) and the National Association of City and County Health Officials (NACCHO) that helps communities prioritize public health issues and identify resources for addressing them. Community ownership is the fundamental component of MAPP.

The MAPP project includes four community assessments. In this report, we have focused on the results of the Community Themes and Strengths Assessment. The Community Themes and Strengths Assessment focuses on collecting the community's perspective on issues such as health care, education, care for older adults, jobs, support networks, health problems, and risky behaviors. A survey was designed by utilizing a sample survey provided by NACCHO. The survey can be found in Appendix A.

An updated survey was distributed in 2018. The survey was available from May to July of 2018. It was available at community meetings such as Rotary, Kiwanis, or Sertoma Clubs. They were taken to churches, school events, county fairs, etc. The survey was also available online at Survey Monkey. In **York County**, **254** responses were received. The compiled results of those **254** surveys are reported here.

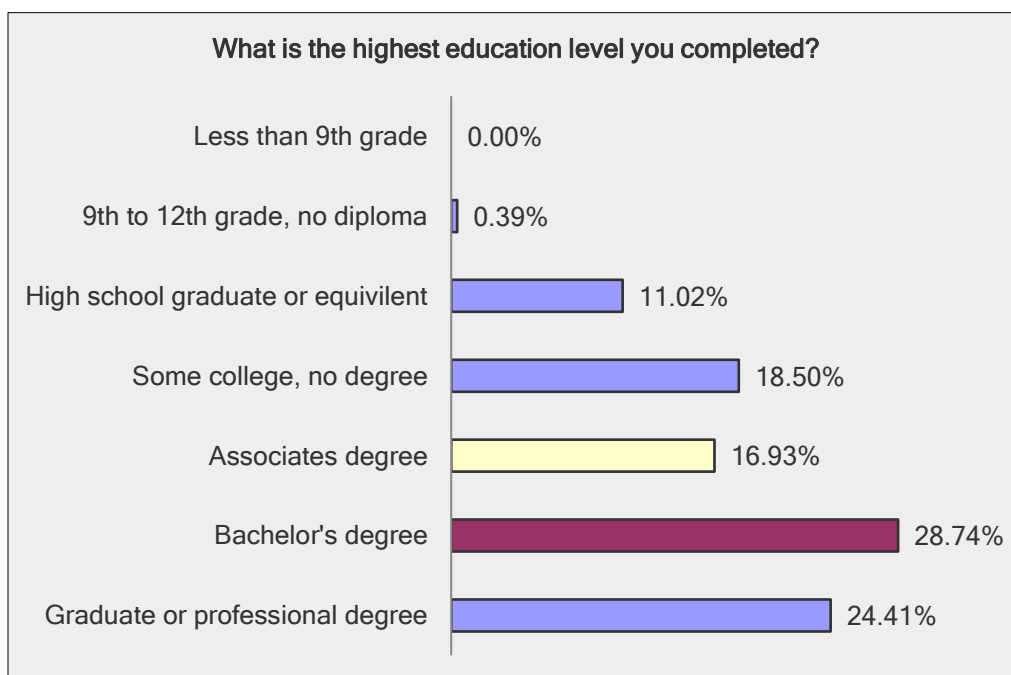
To learn more about the MAPP project, contact us:

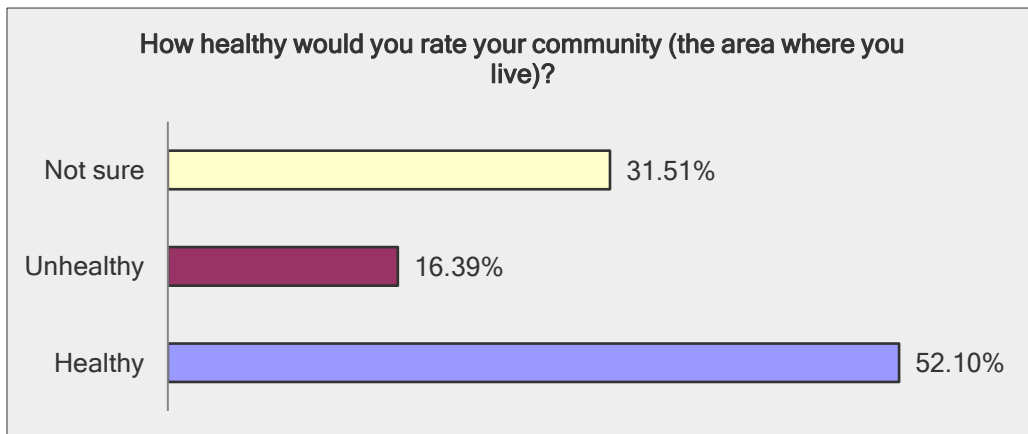


Demographics

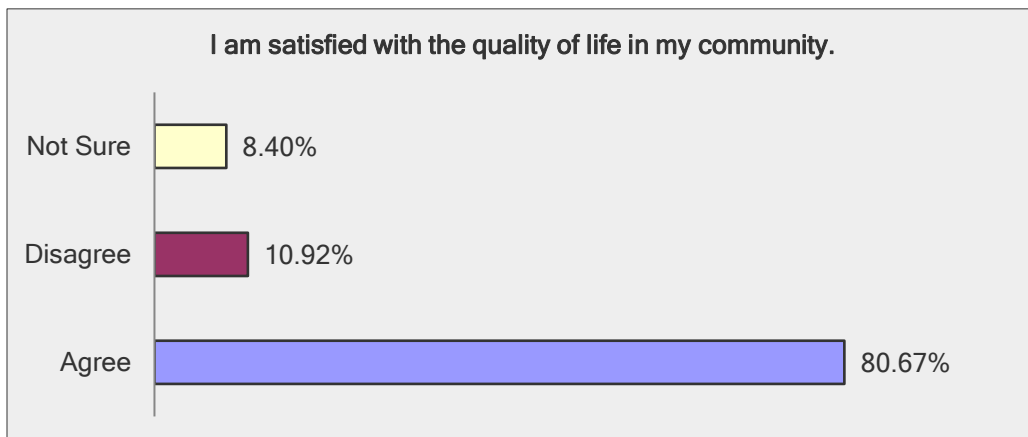
How old are you?		
Answer Options	Response Percent	Response Count
19-25 years	5.91%	15
26-39 years	20.47%	52
40-54 years	31.89%	81
55-64 years	25.98%	66
65-80 years	14.96%	38
Over 80 years	0.79%	2
<i>answered question</i>		254

Which describes your race/ethnicity? Please select just one.		
Answer Options	Response Percent	Response Count
White, not Hispanic or Latino	95.98%	239
Hispanic or Latino	2.81%	7
American Indian, not Hispanic or Latino	0.4%	1
Asian, not Hispanic or Latino	0.8%	2
Black, not Hispanic or Latino	0.0%	0
Multi-Race, not Hispanic or Latino	0.0%	0
Some other race alone, not Hispanic or Latino	0.0%	0
Native Hawaiian and other Pacific Islander - not Hispanic or Latino	0.0%	0
<i>answered question</i>		249

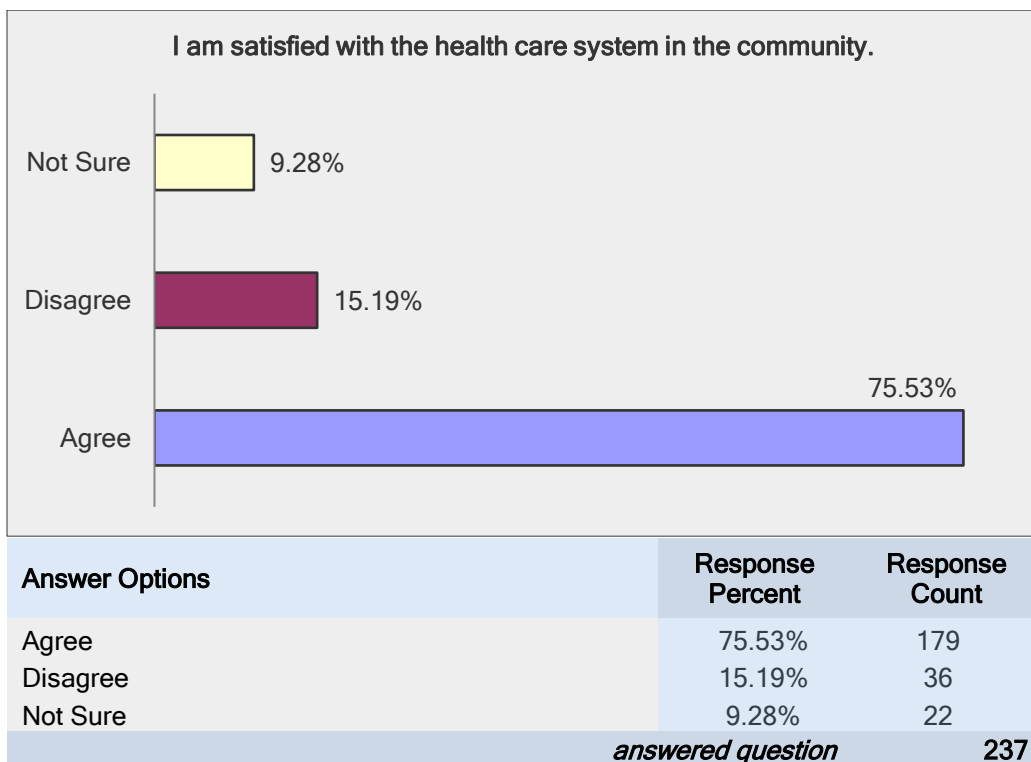
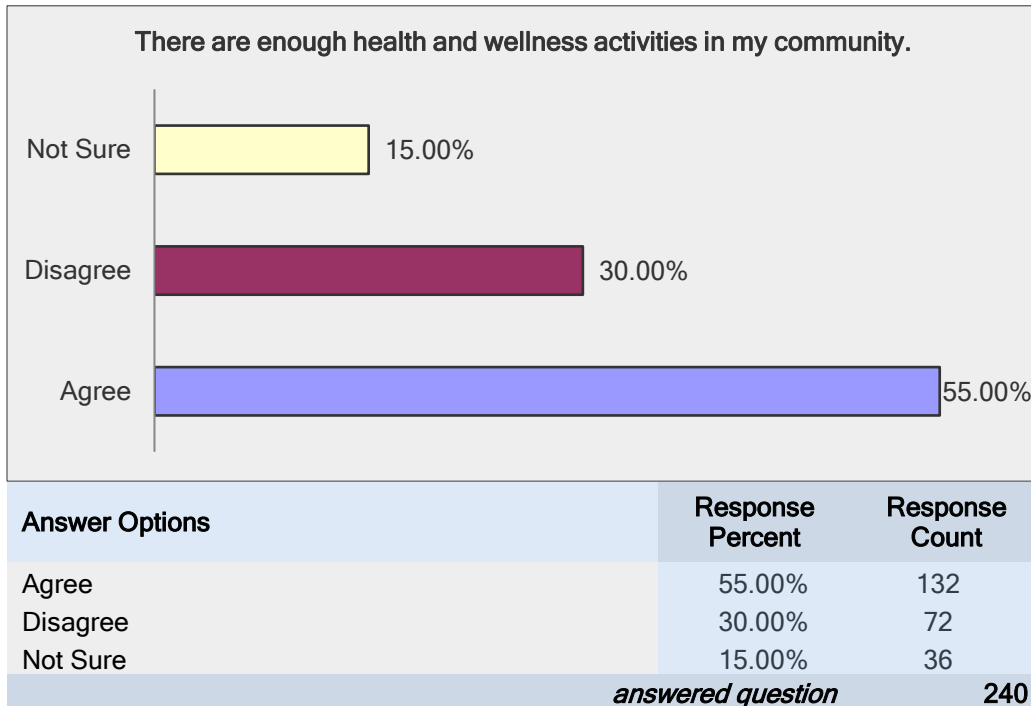


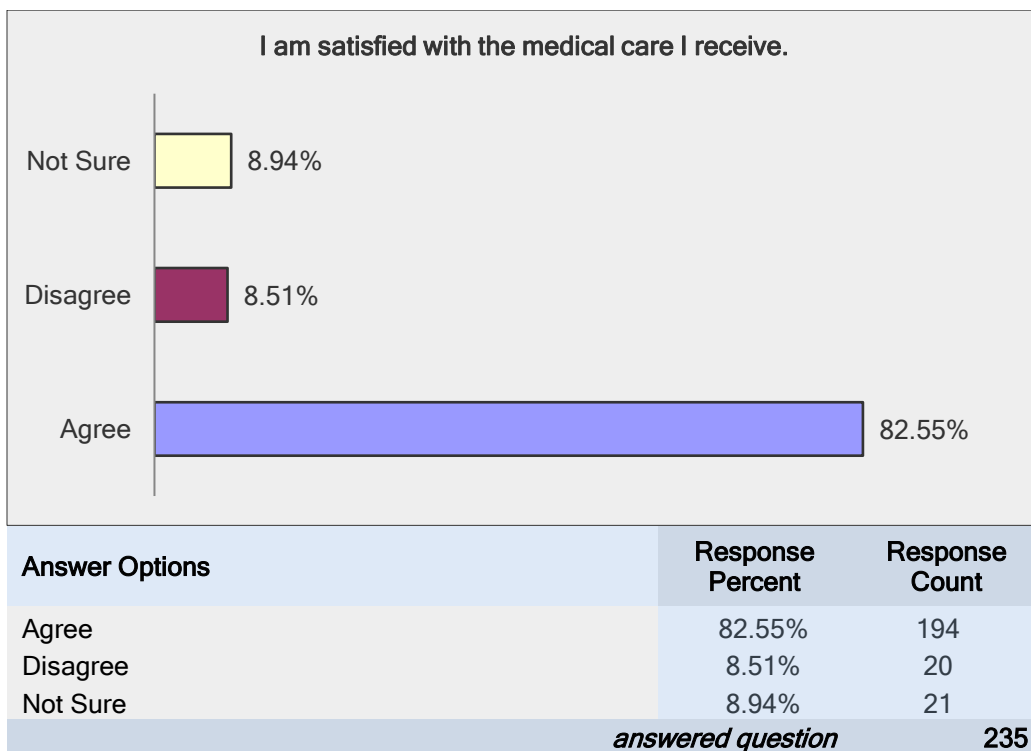
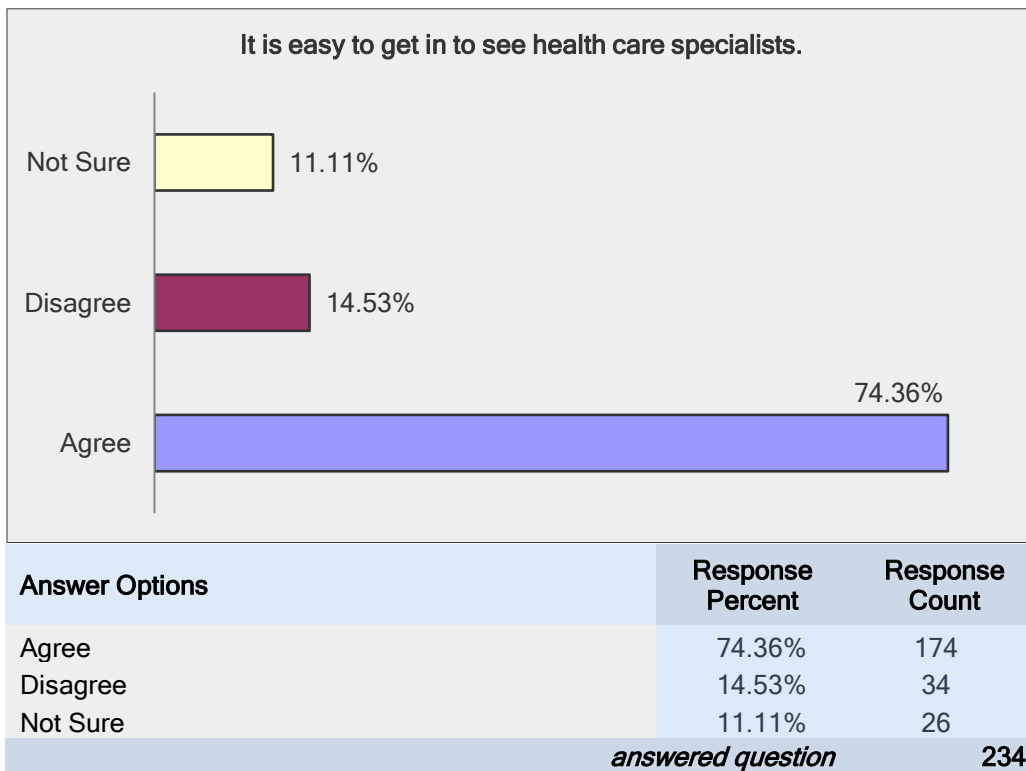


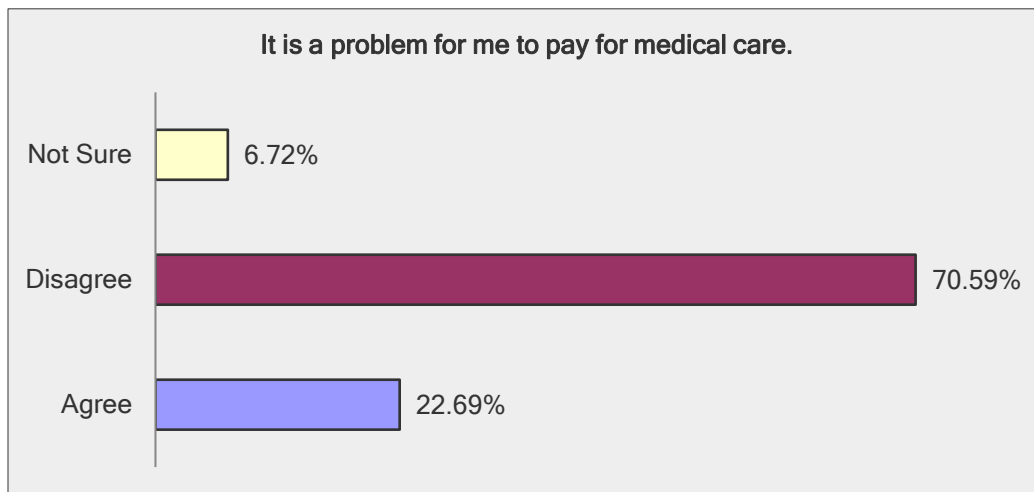
Answer Options	Response Percent	Response Count
Healthy	52.10%	124
Unhealthy	16.39%	39
Not sure	31.51%	75
<i>answered question</i>		238



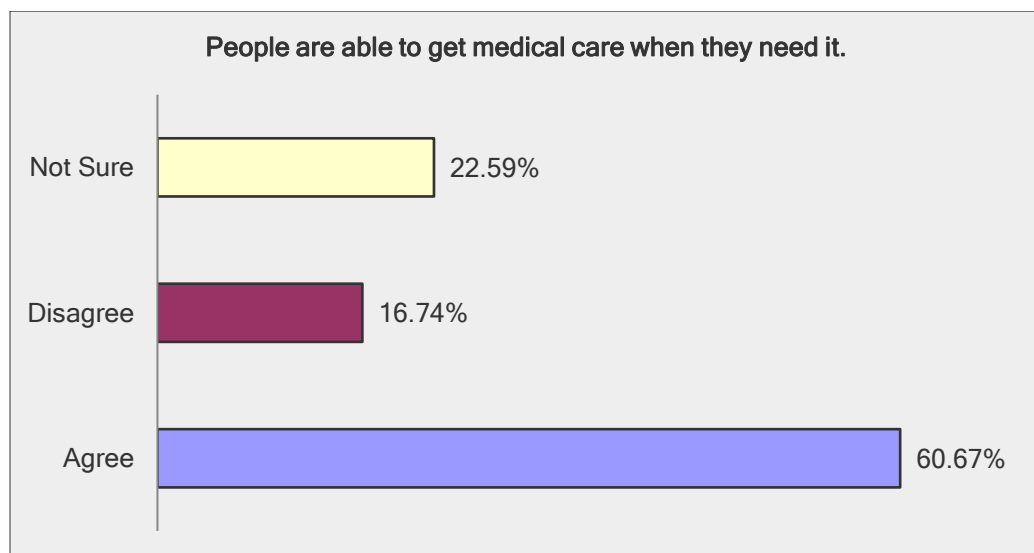
Answer Options	Response Percent	Response Count
Agree	80.67%	192
Disagree	10.92%	26
Not Sure	8.40%	20
<i>answered question</i>		238



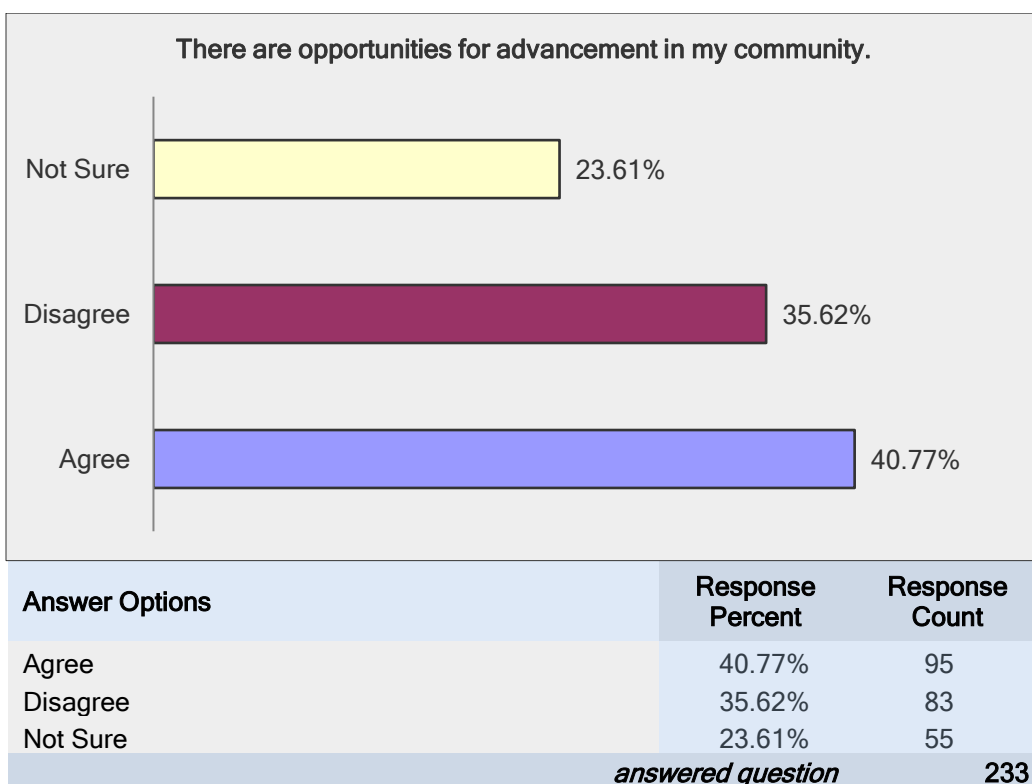
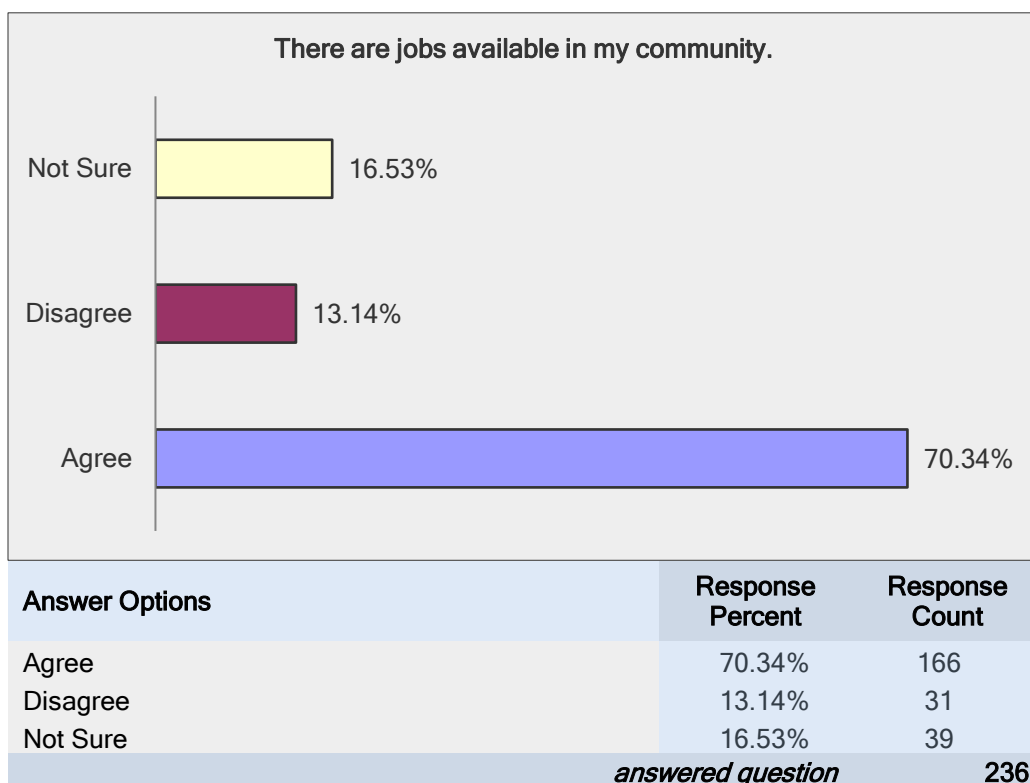


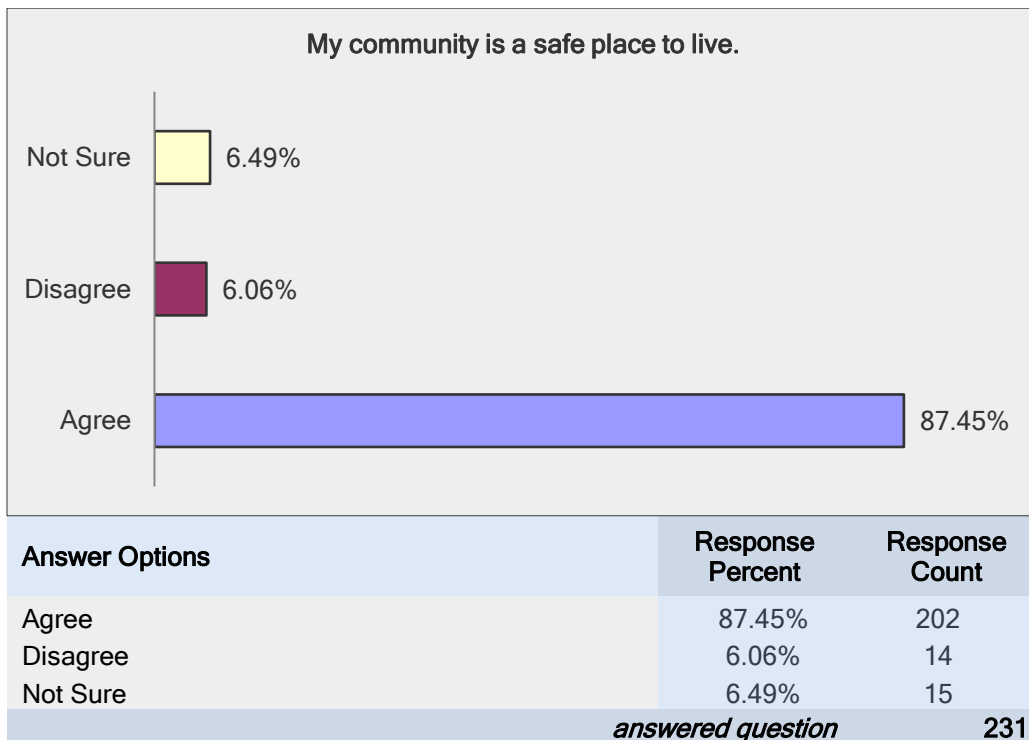
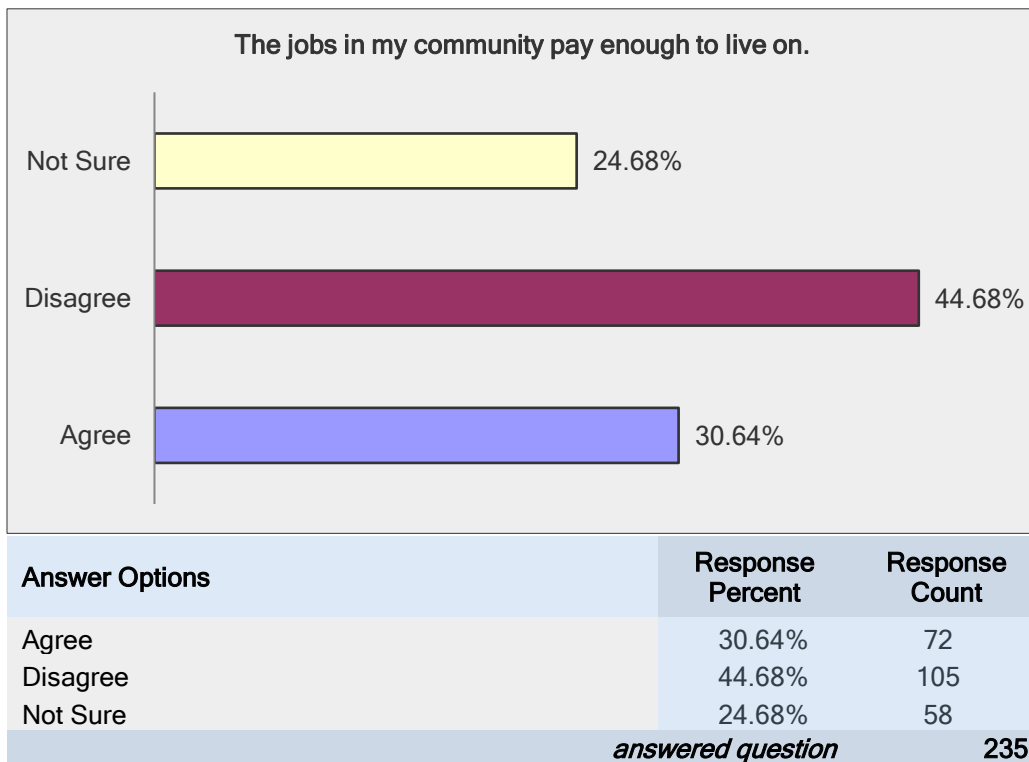


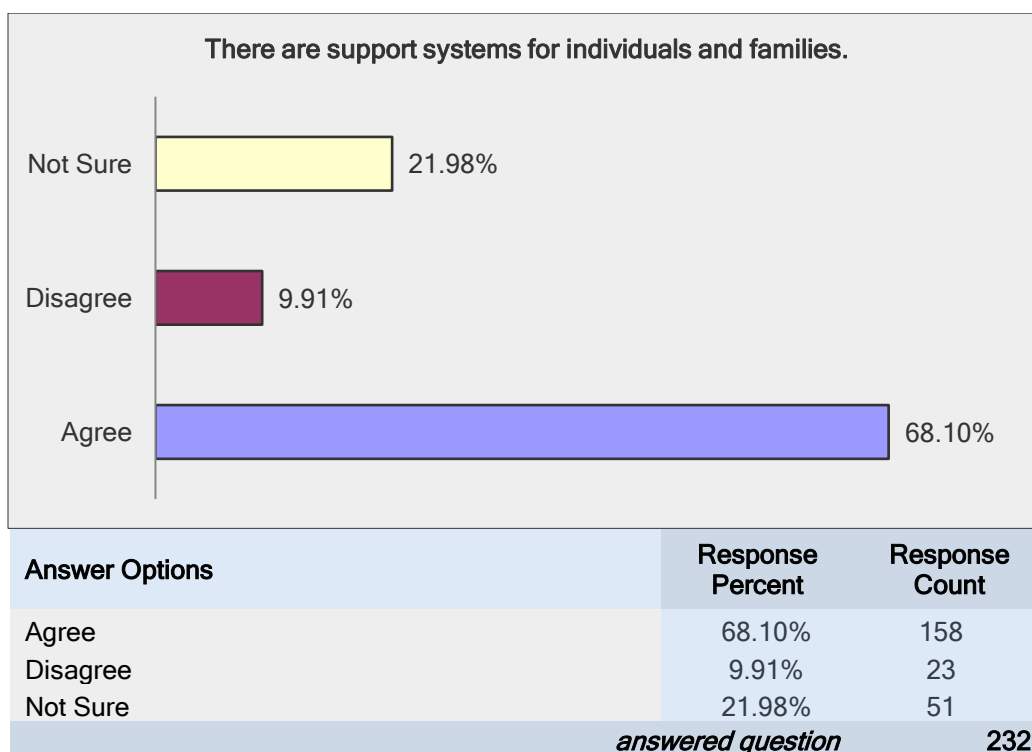
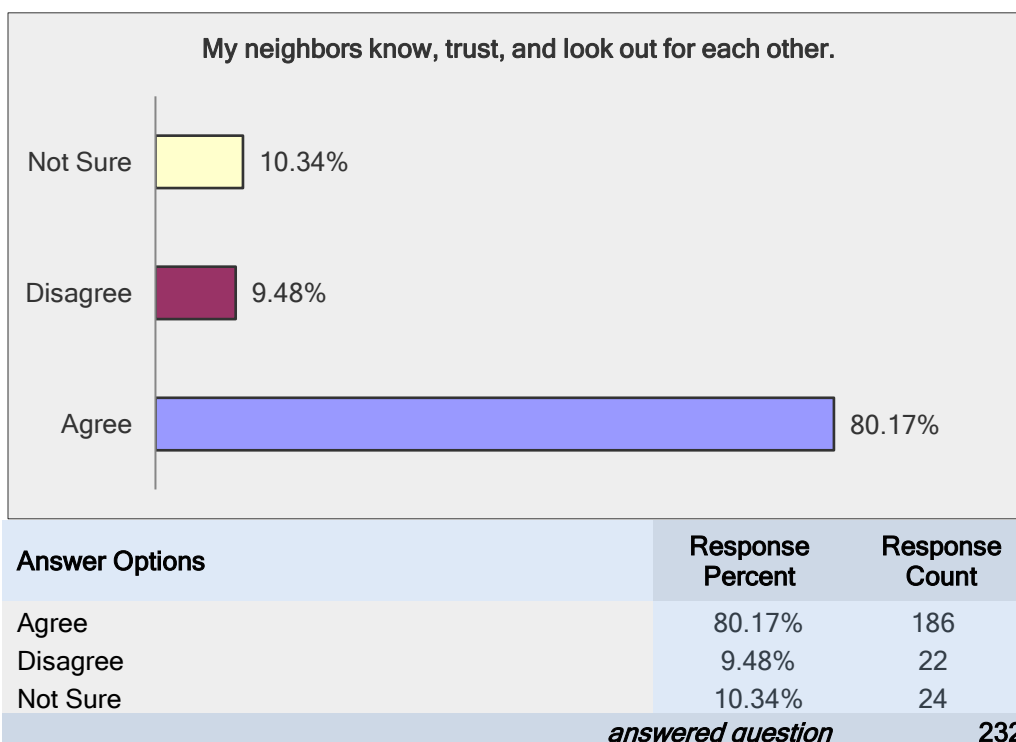
Answer Options	Response Percent	Response Count
Agree	22.69%	54
Disagree	70.59%	168
Not Sure	6.72%	16
<i>answered question</i>		238

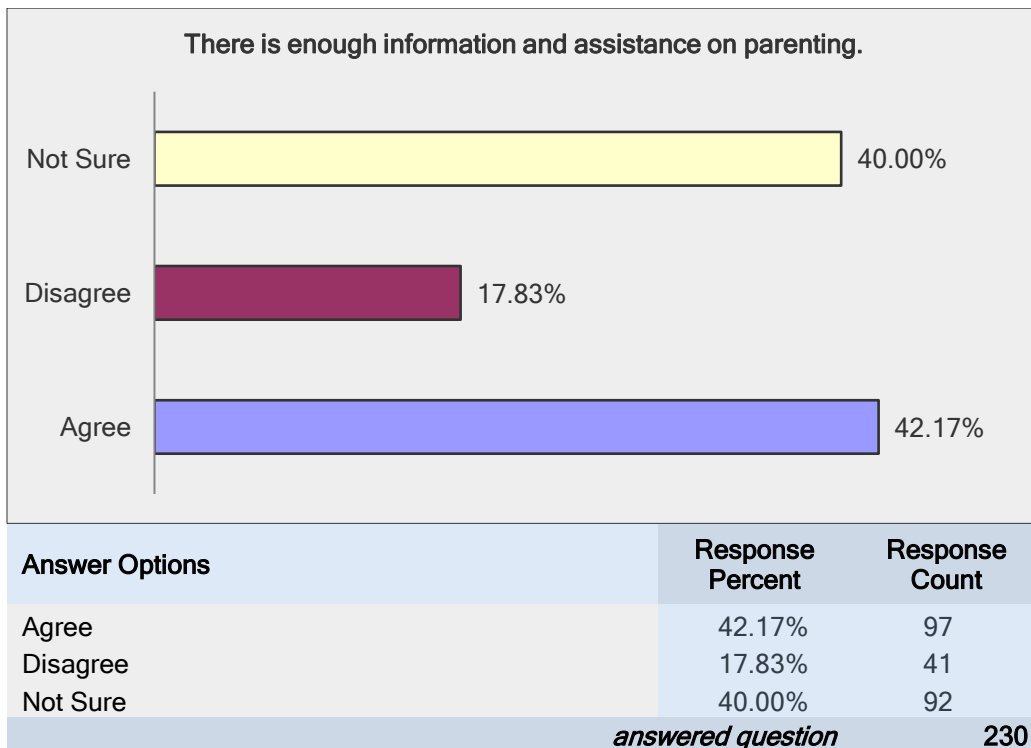
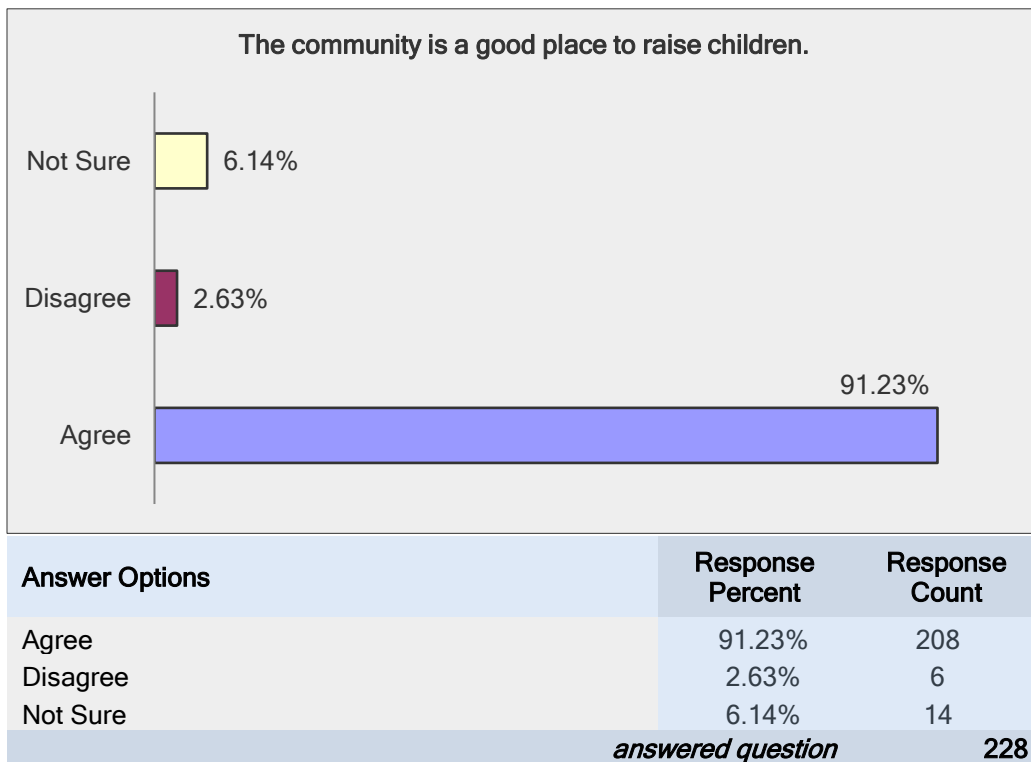


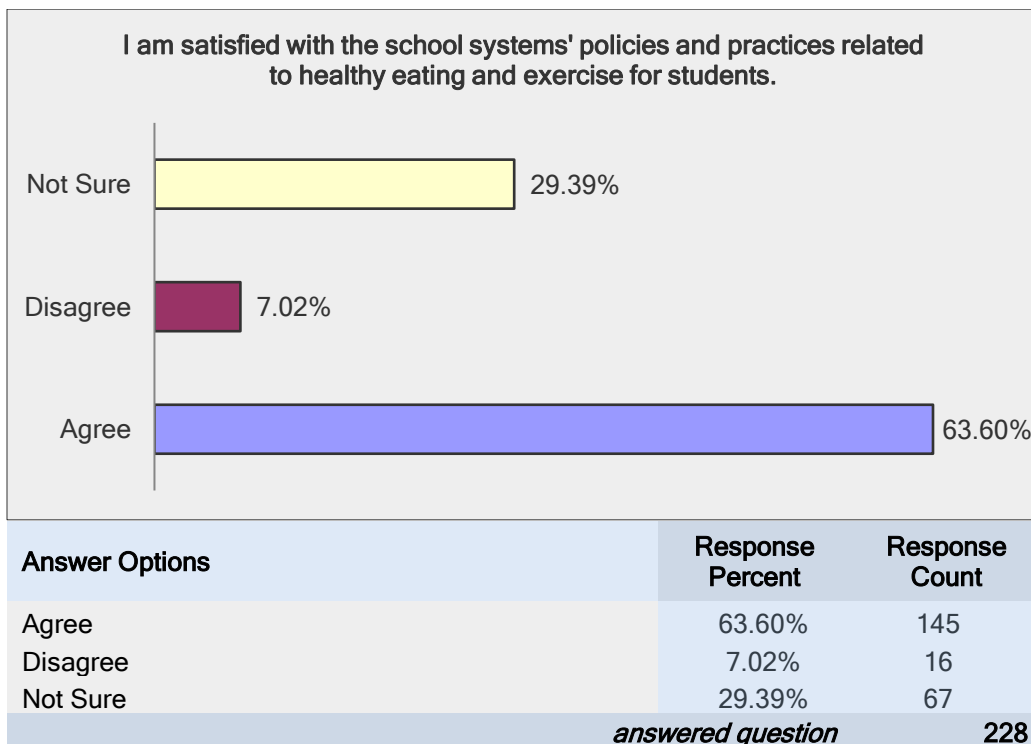
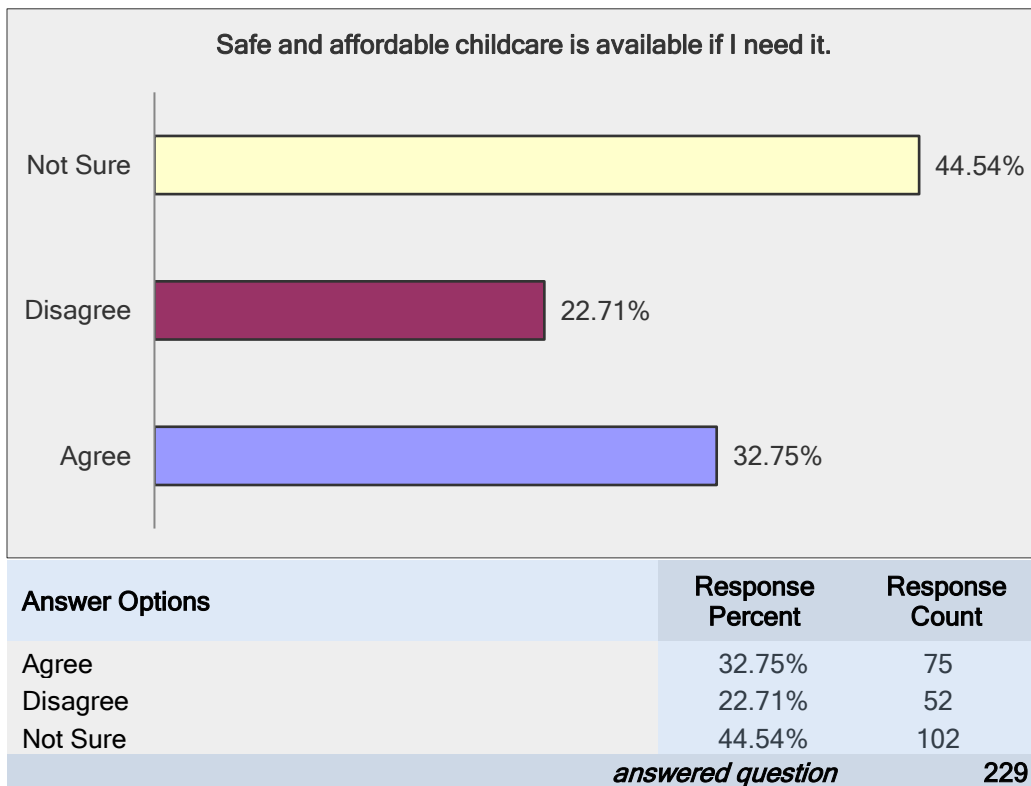
Answer Options	Response Percent	Response Count
Agree	60.67%	145
Disagree	16.74%	40
Not Sure	22.59%	54
<i>answered question</i>		239

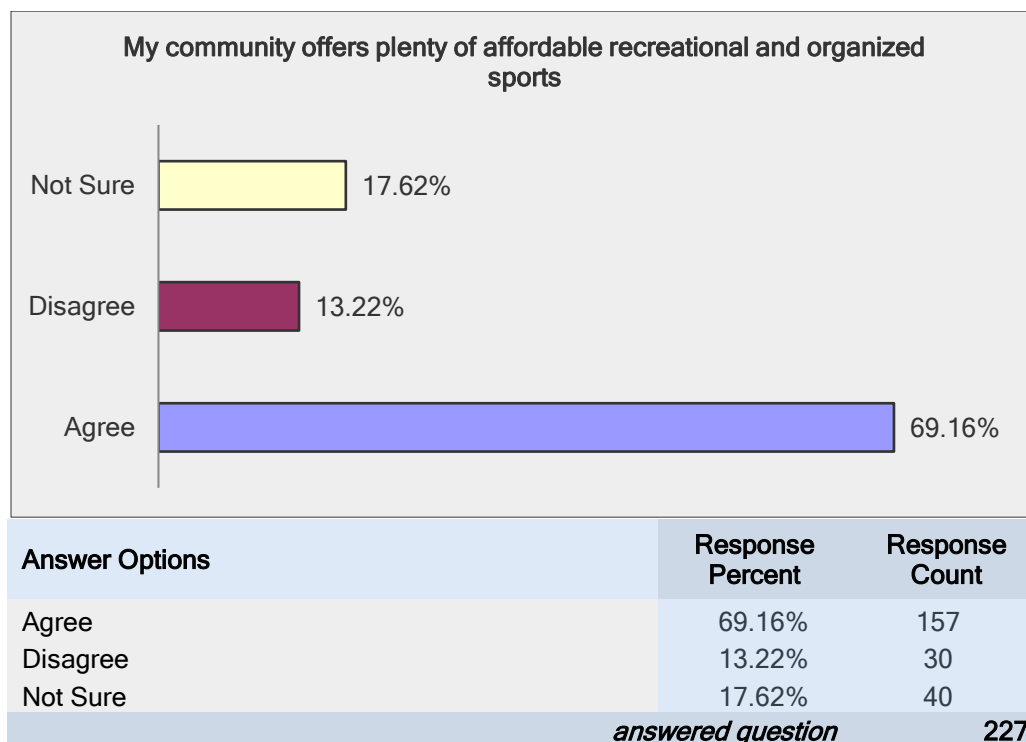
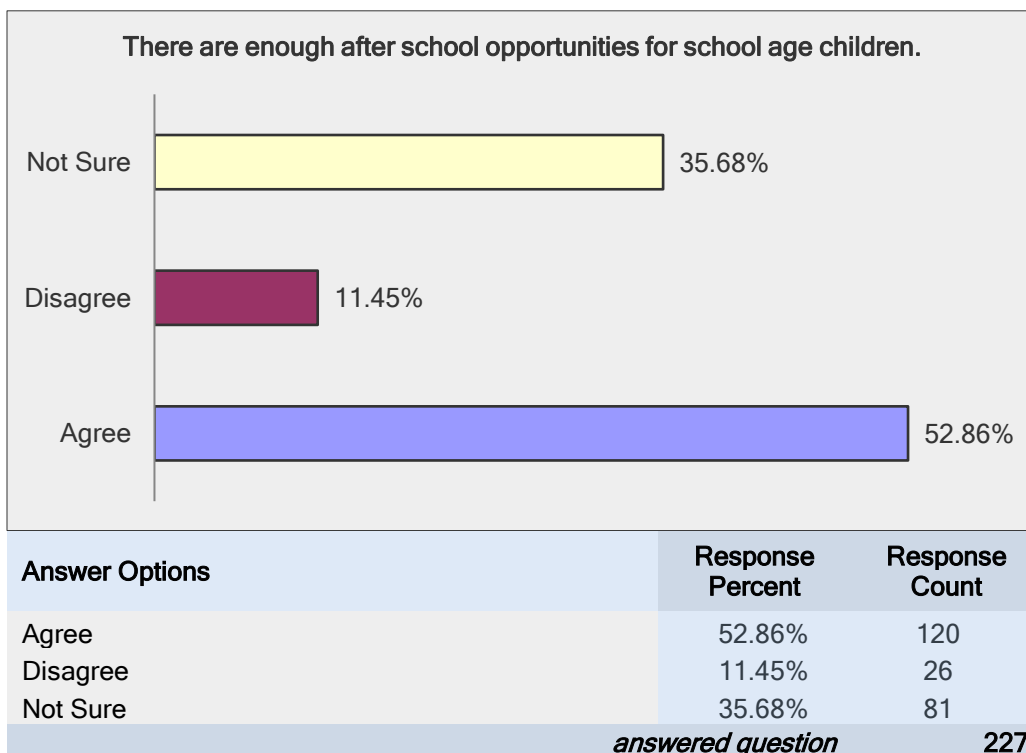


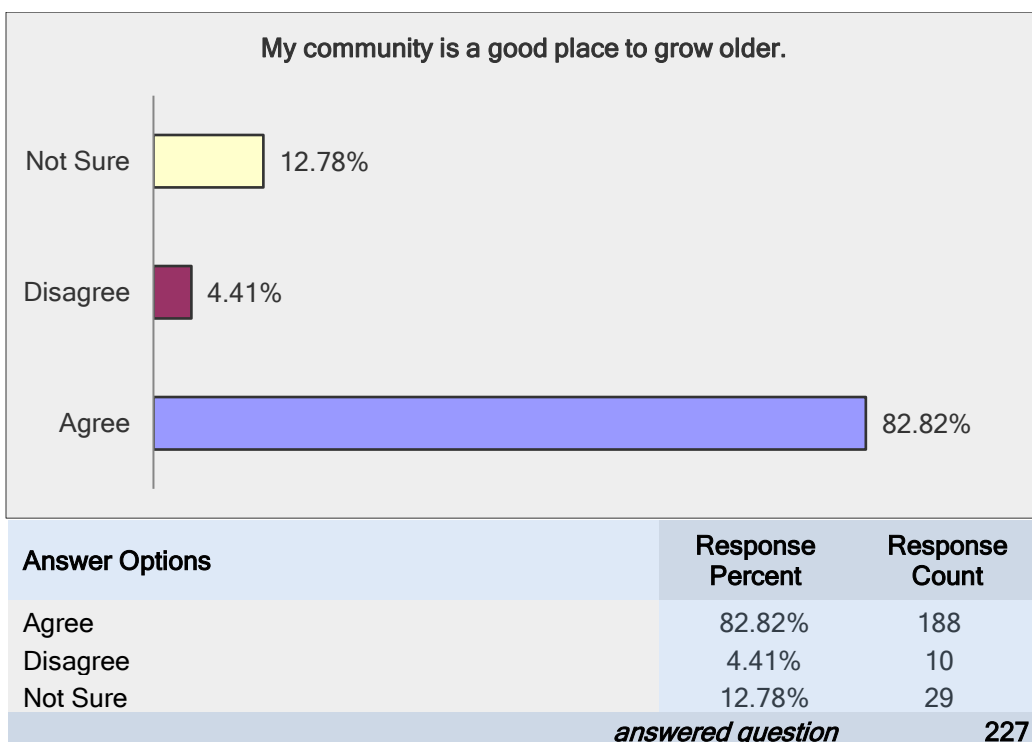
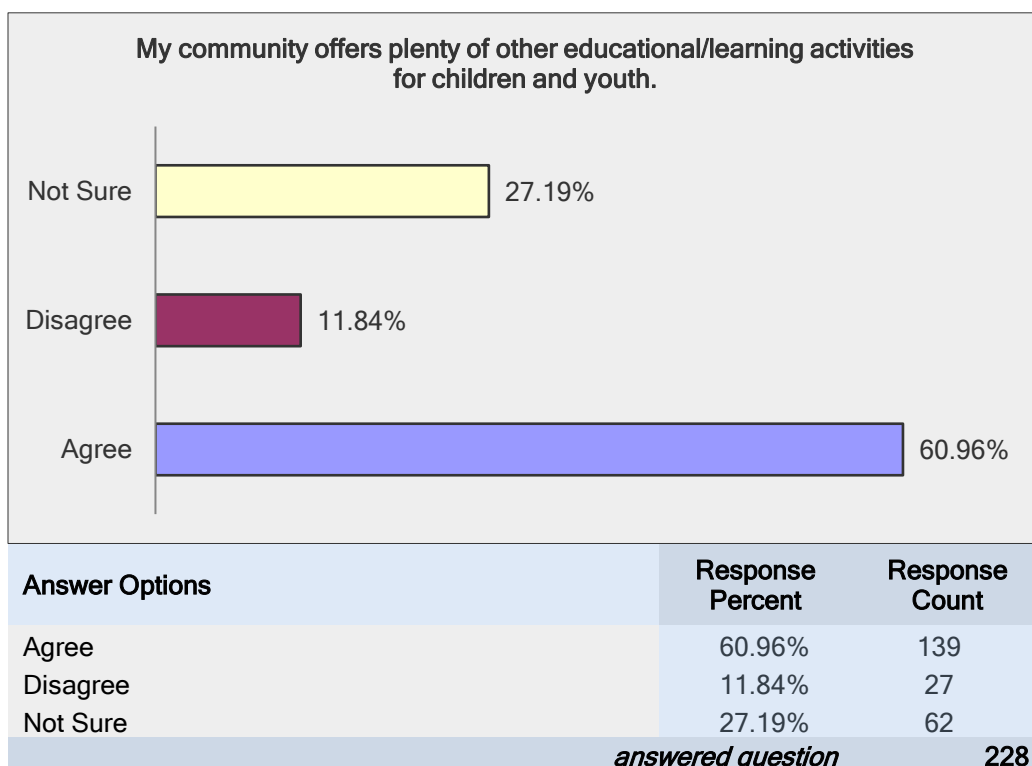


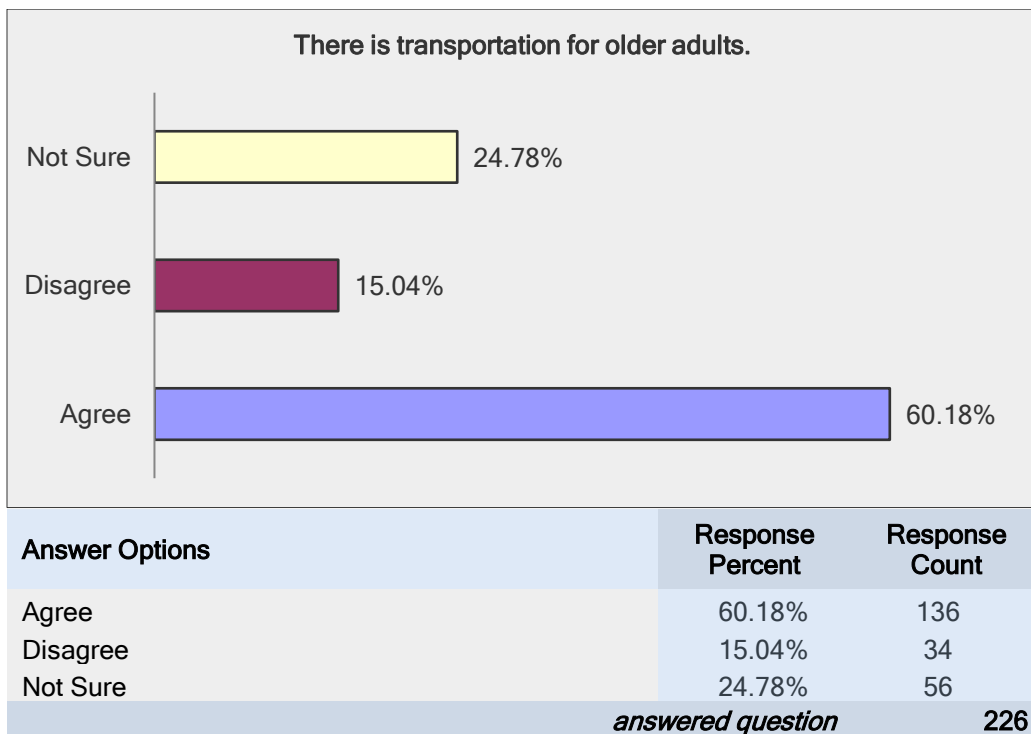
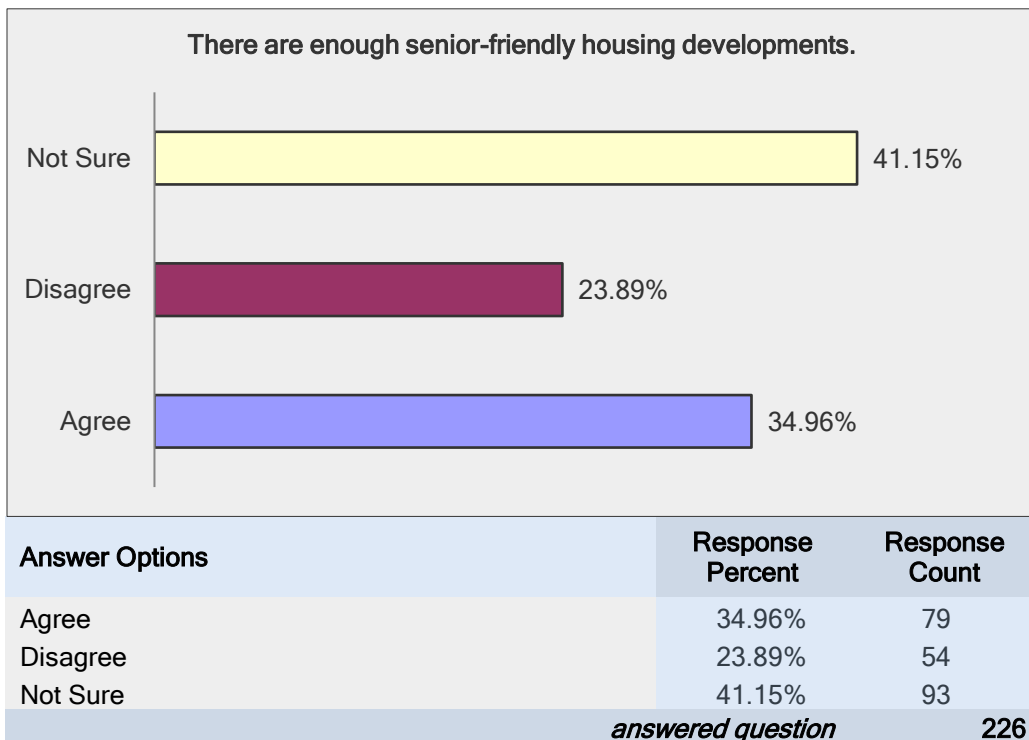


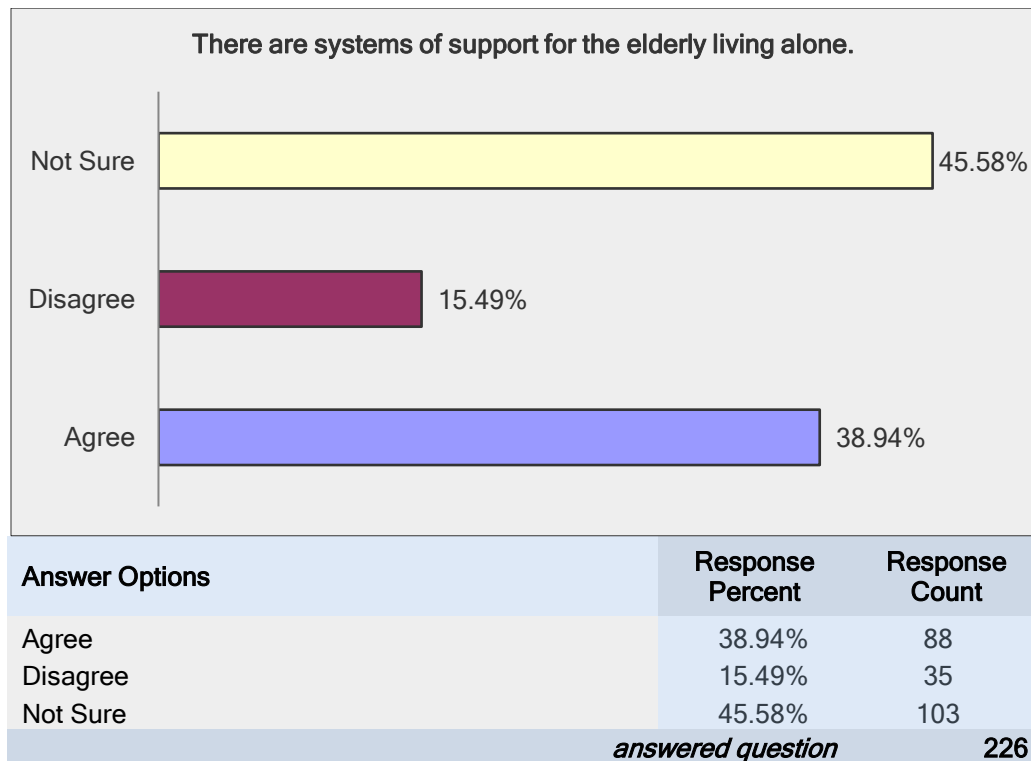
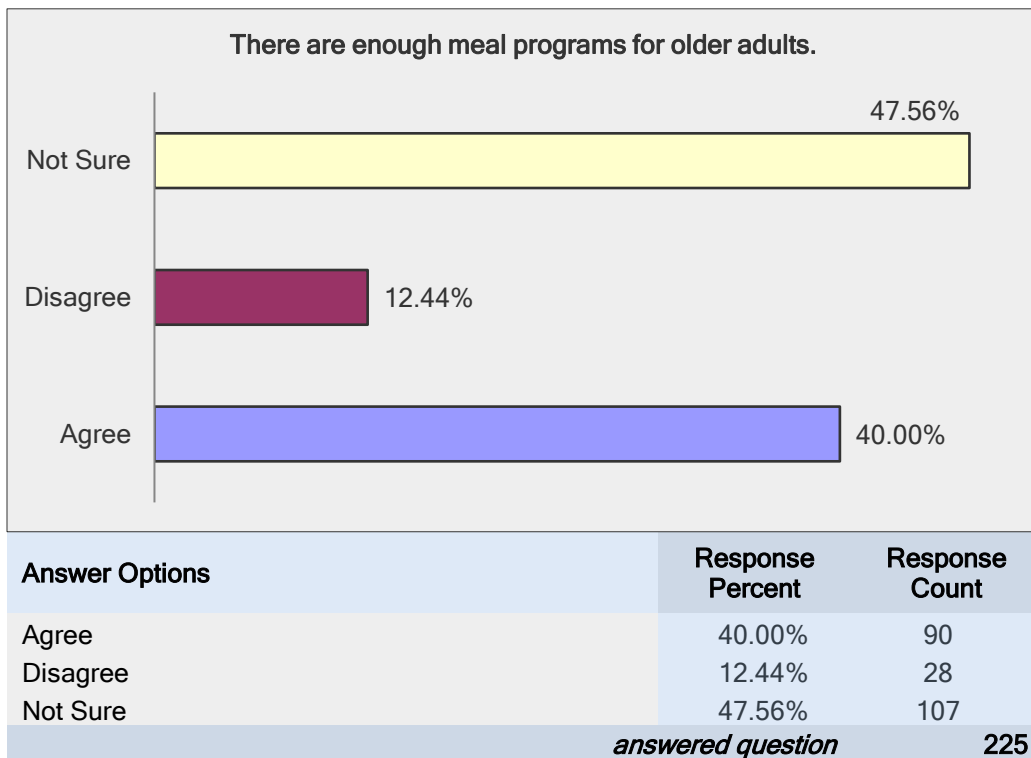












*Question: What causes you the most amount of stress?
(The top six answers are reported.)*

Answer Options	Response Percent	Response Count
Money/finances	53.70%	116
Work/job	36.57%	79
Major life events	28.24%	61
Negative use of social media/internet	26.39%	57
Family Responsibilities	23.15%	50
Parenting/Children	23.15%	50
<i>answered question</i>		216

*Question: What are three common ways you manage your stress?
(The top five answers are reported.)*

Answer Options	Response Percent	Response Count
Exercise, walk, or go for a bike ride	40.91%	90
Pray or go to church	39.09%	86
Spend time with/call family or friends	27.73%	61
Watch TV or movies	26.36%	58
Listen to Music	25.91%	57
<i>answered question</i>		220

*Question: What do you think are the three biggest "health problems" in your community?
(The top five answers are reported.)*

What do you think are the three biggest "health problems" in your community? (Please check only three)		
Answer Options	Response Percent	Response Count
Being overweight	49.77%	106
Mental Health Problems	36.62%	78
Cancers	29.58%	63
Alcohol abuse	17.84%	38
Heart disease and stroke	16.43%	35
<i>answered question</i>		213

Question: What do you think are the three most significant “risky behaviors” in your community?

(The top five answers are reported.)

What do you think are the three most significant "risky behaviors" in your community? (Please check only three)		
Answer Options	Response Percent	Response Count
Illegal drug abuse (marijuana, cocaine, heroin, etc.)	58.69%	125
Alcohol abuse	39.91%	85
Too much screen time (TV, computer, phone, etc.)	39.44%	84
Poor eating habits	37.09%	79
Lack of exercise	31.46%	67
answered question		213

Question: Of the health problems and risky behaviors that you marked, which one would you suggest the community work on?

The most frequent responses included:

Illegal Drug Abuse
Exercise
Mental Health
Screen Time
Poor Eating Habits
Alcohol Abuse

Question: Tell us what makes you feel your county is healthy.

The most frequent responses included:

Healthy People
Wellness Opportunities
Healthcare Access
Families
Exercise Opportunities
Community Living and Support

Question: Tell us what makes you feel your county is unhealthy.

The most frequent responses included:

Mental Health Concerns

Obesity/Overweight

Drug Abuse

Alcohol Abuse

Too much Screen Time

Laziness – Sedentary Lifestyles

In addition to the data presented here, the Community Health Survey allowed residents the opportunity to comment on individual questions. Hundreds of comments were collected, and comments to specific questions can be made available upon request. For more information on specific questions or comments, please contact Four Corners Health Department.



2101 N. Lincoln Ave. – York, NE 68467

Phone: 402-362-2621 * 877-337-3573 Fax: 402-362-2687

E-mail: questions@fourcorners.ne.gov

Website: www.fourcorners.ne.gov

Appendix A: Community Health Survey

2018 York County Health Survey

Please take a moment to complete the survey below. The purpose of this survey is to collect your thoughts about community health topics in York County. The results of this survey will be used to identify the most pressing health issues which can be addressed through community action.

Thank you for your time. Please mark the appropriate category with a checkmark. Any additional comments you can provide are very helpful. If you do disagree, any comments can help us to improve. You are not required to answer any question – please answer only the questions you feel comfortable answering. This survey is also available online at

<https://www.surveymonkey.com/r/YorkCo2018> . Please complete this survey by July 31, 2018.

1. What is the community where you live?

- | | |
|--------------------------------|---------------------------------------|
| <input type="radio"/> York | <input type="radio"/> McCool Junction |
| <input type="radio"/> Waco | <input type="radio"/> Henderson |
| <input type="radio"/> Bradshaw | <input type="radio"/> Gresham |
| <input type="radio"/> Benedict | <input type="radio"/> Lushton |
| <input type="radio"/> Thayer | |

2. How old are you?

- | | |
|-----------------------------------|-------------------------------------|
| <input type="radio"/> 19-25 years | <input type="radio"/> 55-64 years |
| <input type="radio"/> 26-39 years | <input type="radio"/> 65-80 years |
| <input type="radio"/> 40-54 years | <input type="radio"/> Over 80 years |

3. Which describes your race/ethnicity? Please select just one.

- | | |
|--|---|
| <input type="radio"/> American Indian, not Hispanic or Latino | <input type="radio"/> White, not Hispanic or Latino |
| <input type="radio"/> Asian, not Hispanic or Latino | <input type="radio"/> Multi-Race, not Hispanic or Latino |
| <input type="radio"/> Black, not Hispanic or Latino | <input type="radio"/> Some other race alone, not Hispanic or Latino |
| <input type="radio"/> Hispanic or Latino | |
| <input type="radio"/> Native Hawaiian and other Pacific Islander, not Hispanic or Latino | |

4. What is the highest education level you completed?

- | | |
|---|---|
| <input type="radio"/> Less than 9 th grade | <input type="radio"/> Some college, no degree |
| <input type="radio"/> 9 th to 12 th grade, no diploma | <input type="radio"/> Associate's degree |
| <input type="radio"/> High school graduate or equivalent | <input type="radio"/> Bachelor's degree |
| | <input type="radio"/> Graduate or professional degree |

COMMUNITY HEALTH AND QUALITY OF LIFE

5. How healthy would you rate your community (the area where you live)?

- ☐ Healthy ☐ Unhealthy ☐ Not sure

Comments: _____

Please select whether you agree, disagree, or are not sure about the following statements.

6. I am satisfied with the quality of life in my community.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

7. There are enough health and wellness activities in my community.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

8. I am satisfied with the health care system in the community.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

9. It is easy to get in to see health care specialists.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

10. I am satisfied with the medical care I receive.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

11. It is a problem for me to pay for medical care.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

12. People are able to get medical care when they need it.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

ECONOMIC OPPORTUNITY

13. There are jobs available in my community.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

14. There are opportunities for advancement in my community.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

15. The jobs in my community pay enough to live on.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

SAFETY & SOCIAL SUPPORT

16. My community is a safe place to live.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

17. My neighbors know, trust, and look out for each other.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

18. There are support systems for individuals and families.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

CHILDREN

19. The community is a good place to raise children.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

20. There is enough information and assistance on parenting.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

21. Safe and affordable child care is available if I need it.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

22. I am satisfied with the school systems' policies and practices related to healthy eating and exercise for students.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

23. There are enough after school opportunities for school age children.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

24. My community offers plenty of affordable recreational and organized sports opportunities for children and youth.

- ☐ Agree ☐ Disagree ☐ Not sure

Comments: _____

25. My community offers plenty of other educational/learning activities for children and youth.

☐ Agree

☐ Disagree

☐ Not sure

Comments: _____

SENIORS

26. My community is a good place to grow older.

☐ Agree

☐ Disagree

☐ Not sure

Comments: _____

27. There are enough senior-friendly housing developments.

☐ Agree

☐ Disagree

☐ Not sure

Comments: _____

28. There is transportation for older adults.

☐ Agree

☐ Disagree

☐ Not sure

Comments: _____

29. There are enough meal programs for older adults.

☐ Agree

☐ Disagree

☐ Not sure

Comments: _____

30. There are systems of support for the elderly living alone.

☐ Agree

☐ Disagree

☐ Not sure

Comments: _____

STRESS

31. Please select up to three items from the list below that cause you the most amount of stress.

- ☐ Abuse
- ☐ Discrimination
- ☐ Extracurricular activities
- ☐ Family responsibilities
- ☐ Lack of safety
- ☐ Lack of transportation
- ☐ Major life events
- ☐ Mental or physical health concerns
- ☐ Money/finances
- ☐ Negative use of social media/internet
- ☐ Parenting/children
- ☐ Poor or unstable housing
- ☐ Relationship problems (friends, spouses, etc.)
- ☐ School
- ☐ Substance abuse
- ☐ Unemployment
- ☐ Work/job

32. What are three common ways you manage your stress?

- ☐ Clean or do chores
- ☐ Drink alcohol
- ☐ Eat
- ☐ Exercise, walk, or go for a bike ride
- ☐ Go for a drive
- ☐ Listen to music
- ☐ Nap
- ☐ Nothing
- ☐ Play sports
- ☐ Play video games or surf the internet
- ☐ Pray or go to church
- ☐ Read
- ☐ See a mental health professional
- ☐ Shop
- ☐ Smoke
- ☐ Spend time doing a hobby
- ☐ Spend time with/call family or friends
- ☐ Watch TV or movies

HEALTH PROBLEMS

33. What do you think are the three biggest “health problems” in your community? (Please check only three)

- | | |
|--|--|
| <input type="radio"/> Access to health care | <input type="radio"/> Infectious Diseases (e.g. whooping cough, influenza, etc.) |
| <input type="radio"/> Accidental/unintentional injuries | <input type="radio"/> Mental Health Problems |
| <input type="radio"/> Alcohol abuse | <input type="radio"/> Motor Vehicle Crash Injuries |
| <input type="radio"/> Aging problems (arthritis, hearing loss, etc.) | <input type="radio"/> Rape/Sexual Assault |
| <input type="radio"/> Being overweight | <input type="radio"/> Respiratory/Lung Disease |
| <input type="radio"/> Cancers | <input type="radio"/> Sexually Transmitted Diseases (STDs) |
| <input type="radio"/> Childhood abuse/neglect | <input type="radio"/> Suicide |
| <input type="radio"/> Dental problems | <input type="radio"/> Teenage Pregnancy |
| <input type="radio"/> Diabetes | <input type="radio"/> Don't know/Not sure |
| <input type="radio"/> Domestic violence | <input type="radio"/> Others: |
| <input type="radio"/> Heart disease & Stroke | _____ |
| <input type="radio"/> High blood pressure | _____ |
| <input type="radio"/> Infant deaths | _____ |

34. What do you think are the three most significant “risky behaviors” in your community? (Please check only three)

- | | |
|---|--|
| <input type="radio"/> Alcohol abuse | <input type="radio"/> Racism |
| <input type="radio"/> Dropping out of school | <input type="radio"/> Tobacco use |
| <input type="radio"/> Illegal drug abuse (marijuana, cocaine, heroin, etc.) | <input type="radio"/> Too much screen time (TV, computer, phone, etc.) |
| <input type="radio"/> Lack of exercise | <input type="radio"/> Unsafe sex |
| <input type="radio"/> Not getting “shots” to prevent disease | <input type="radio"/> Working too much |
| <input type="radio"/> Not getting enough sleep | <input type="radio"/> Don't know/Not sure |
| <input type="radio"/> Not using seat belts and/or child safety seats | <input type="radio"/> Others: |
| <input type="radio"/> Poor eating habits | _____ |
| <input type="radio"/> Prescription drug abuse | _____ |
| | _____ |

35. Of the health problems and risky behaviors that you marked, which one would you suggest the community work on?

36. Tell us what makes you feel your county is healthy.

37. Tell us what makes you feel your county is unhealthy.



Four Corners Health Department
2101 N. Lincoln Avenue, York NE 68467
Phone: 402-362-2621 / 877-337-3573 Email: info@fourcorners.ne.gov